



## Program Information Package

# Paddle Canada Level Two Skills Training



## Program Description

Our 5-day Level 2 Skills program provides the skills and knowledge for proficient kayaking in moderate conditions along a moderately exposed shore with frequent easy landing opportunities. This overnight touring and intermediate boat handling course will focus on skills such as forward stroke development, effective bracing, maneuvering in waves and currents, rescues, towing, navigation and weather interpretation. On the last two days of the course we will go on an overnight trip to develop kayak touring skills.

This course is designed for:

- Advanced Beginners to Intermediate recreational kayakers looking for an introduction to the knowledge, skills and understanding of kayak touring in ocean and open water touring; and
- Kayakers looking to increase their boat handling skills in more dynamic water

## Paperwork Checklist

Please use the following checklist to ensure you have received and reviewed all the required documentation prior to the program start date:

- Paddle Canada Level Two Skills Training Program Document – please review
- Paddle Canada Waiver - please review and sign in the presence of your instructor
- SKILS Waiver – please review and sign in the presence of your instructor
- SKILS Medical Form – please bring a completed copy to your program

# Program Logistics

## Program Prerequisites

- Paddle Canada Level-1 Skills certification or equivalent skill and knowledge.
- At least 3, one day long, kayaking trips in different locations.

You can enter this course with no prior certification. However, this is an intermediate course and not an introduction to boat handling, rescues and safety. If you are unsure of your ability to take this course, please call us to discuss your concerns. The assessment part of this course is optional.

## Our Classroom

The first 3 days of the program are based out of the beautiful and convenient Discovery Island Lodge ([www.discovery-islands-lodge.com](http://www.discovery-islands-lodge.com)) on Quadra Island. This beautiful waterfront property offers easy access to an un-crowded paradise of clear sheltered ocean, tidal rapids, marine parks, abundant wildlife, spectacular rainforest, and towering mountain vistas. The theory sessions are run in a warm indoor classroom, we launch for the practical sessions from the Lodge's private dock and you can finish the day relaxing in the sauna. The last two days of the trip will be spent on an overnight expedition with wilderness camping.



## Meals

You are responsible for all your meals. The only exception is the course in June, where complimentary breakfast is provided. Please be prepared to bring your lunch with you in your kayak, and your food for the overnight camping expedition. Snacks are recommended to help fill in the hunger gaps between meals.

## Accommodation

Accommodation is provided at Discovery Island Lodge on the evening prior to the course and on the following 3 evenings. We recommend you arrive on the evening prior to the course to avoid any unforeseen events. Our final night will be spent camping in a wilderness setting. The Lodge provides accommodation and offers a full kitchen, showers, sauna, and other amenities. A total of 4 nights at the Lodge are already paid for you. For the storage of your food, please bring mice proof boxes like large Tupperware plastic boxes with a lid. The Lodge is reached via the Quadra Island ferry from Campbell River on Vancouver Island. Detailed directions can be found on the lodge website [www.discovery-islands-lodge.com](http://www.discovery-islands-lodge.com). The last gas station is in Quathiaski Cove near the BC ferry terminal on Quadra Island although fuel is much cheaper in Campbell River so we suggest filling up there. From the ferry terminal, the trip to the Lodge will take approximately 45 minutes so please be sure you have plenty of gas to get there and return. The road becomes a narrow logging road before you reach the lodge. Please be careful of the soft shoulder and drive in the middle of the road where possible! The driveway down to the lodge is very steep with limited room to turn around. If you are uncertain about your car's ability to handle the last 100m, please park at the top and walk down to check it out first.

## What to Bring

Fees include instruction, specialized equipment such as flares and VHF Radios, group equipment such as tarps, and safety equipment such as first aid kits and kayak repair kits. Personal gear, immersion gear, camping equipment, kayak, kayak equipment and food are not included in the course fees. You will need to bring your own or you can rent from SKILS at below market rates. Please get in touch at least a week before the course if you would like to hire a kayak or immersion gear. A complete list of equipment you should bring is provided below.

### Equipment List

\*Indicates optional items

#### Kayak

- Sea worthy kayak – The kayak must have positive buoyancy and be able to carry enough gear for 2 days.

#### Kayaking Equipment

- Paddle
- \*Spare paddle
- PFD - Canadian Coast Guard approved
- Whistle
- Hand pump
- 15 m Buoyant heaving line
- \*Sea kayak towline – The towline should be between 5 and 15 meters long and have a quick release. If you don't have a tow line, we can provide one for you at no cost.
- \*Stirrup – 4.5 m loop of buoyant 3/8 inch rope. If you don't have a stirrup, we can provide one for you at no cost.
- Paddling helmet- We can provide one for you at no cost.
- Paddle float

#### Navigation Equipment

- 2 pencils for chart work
- Chart case – large zip lock will work, but not very well
- Orienteering Compass
- Marine Compass (highly recommended)
- Chart #3539 Discovery Passage

#### Camping Gear

If you are paddling with friends you may choose to share a tent

- Tent
- Sleeping mat
- Sleeping bag – 3 season bag with synthetic insulation
- \*Tarp with thin cord
- \*Pillow case

#### Kitchen

If you are paddling with friends you may wish to share some of the following items

- Bowl
- Pots and pans
- Insulated mug
- Camp soap
- Knife, fork, and/or spoon
- Scrub brush
- Stove

#### Food and Water

Each participant is responsible for their own food and water. Plan for 3 litres of water per person per day while on the overnight trip.

### *Toiletries*

- Toothbrush and toothpaste
- Sunscreen and lip balm with high SPF protection (30 +)
- Toilet paper
- Small first aid kit
- Camp towel
- Pads and/or Tampons

### *Immersion Clothing*

Wet suit and paddling jacket or dry suit suitable for extended cold-water immersion on the west coast. When choosing what to wear while paddling, please bear in mind that you will need to wear your immersion gear at all times on the water, and we will usually go on the water every day during the course. If you want to rent a kayak, drysuit, wetsuit or any other gear, please check our website at <https://skills.ca/rentals/>. Make sure you reserve your rental equipment a long time before the course starts.

- Neoprene booties or other immersion footwear
- Immersion gear
- Paddling gloves or poggies

### *Personal Clothing*

These are just guidelines to assist you with your packing. Feel free to bring more or less as you feel necessary

#### Torso

- Rain Jacket
- 1-2 fleece or wool sweaters/jackets
- 2 pair long jane/john tops
- 1-2 t-shirts
- 1 wind breaker

#### Legs

- Rain Pants
- 1-2 pair pants – At least one should be made of nylon
- 1 pair fleece or wool pants
- 1 pair long john/jane bottoms
- 1 pair shorts
- \*Bathing suit

#### Feet

- 2-3 pair warm sock made with synthetics and/or wool
- \*2 pair liner socks – Polypropylene or wool are common materials
- 1 pair camp shoes – Sneakers work well
- \*1 pair rubber boots
- Indoor footwear for the lodge
- 1 pair sport sandals or shoes that can get wet.
- Head
- 2 wool or fleece caps
- 1 Brimmed hat or baseball cap
- Hands
- 1 pair of fleece or wool gloves

#### Miscellaneous Gear

- Headlamp or Flashlight with extra batteries
- Notebook with pencils and/or pens
- Water bottle
- Pocket Knife
- Sunglasses with good UV protection with retriever strap
- Spare garbage bags and zip locks

## Optional Items

- \*Binoculars
- \*Flares
- \*VHF Marine Radio or Weather Radio
- \*GPS

## Packing your gear

You will need to waterproof at least your clothing and sleeping bag. Depending on how watertight your kayak is, you can pack the rest of your gear loose or in zip locks inside nylon stuff sacks. Here are two packing methods that work well. In fact, we usually use a combination of the two when we pack. Remember to leave room for group gear.

### Dry Bag Method

Dry Bags are especially designed for paddle sports and are available at most sporting goods stores. Depending on the closure system they do not always keep all the water out. Test them in the shower before the trip. Make sure you have enough dry bags for your personal gear. We find that 20 litre dry bags or smaller work well.



### Stuff Sack with Garbage Bag Liner Method

This is the tried and true method of years gone by. Line a stuff sack with a garbage bag. Pack as normal. Squeeze the air out before twisting the garbage bag top. Don't tie the garbage bag or use twist ties. Simply tuck the twisted end down into the stuff sack before drawing the top closed. This technique is reliable but not durable, so make sure you bring extra bags with you. You can improve the durability of this system by adding a 2<sup>nd</sup> stuff sack into the garbage bag creating a plastic sandwich. This method takes up less room than dry bags and makes the kayak easier to pack.

### Some suggestions for packing

- Lots of smaller bags are better than a few larger ones
- A large duffel bag or IKEA type bag is useful for transporting all your small bags

## Course Outline

This is a general outline for the Paddle Canada Level 2 Skills Course. Depending on location, class size, and weather, the schedule will change. The course covers a lot of material in a very short period of time; candidates are discouraged from planning anything else during this period.



	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
<b>Day One</b>	<ul style="list-style-type: none"> <li>• Icebreakers</li> <li>• Learning Objectives</li> <li>• Course Overview</li> <li>• Paddle Canada</li> <li>• Forms</li> <li>• Equipment</li> <li>• Go / No Go</li> <li>• Strokes</li> </ul>	<ul style="list-style-type: none"> <li>• Go / No Go</li> <li>• Strokes</li> <li>• Rescues</li> <li>• Communication</li> <li>• Intro to Weather</li> </ul>	<ul style="list-style-type: none"> <li>• Tides and Currents Calculations</li> </ul>
<b>Day Two</b>	<ul style="list-style-type: none"> <li>• Icebreakers</li> <li>• Equipment for L2 paddler</li> <li>• Go /No Go w/T&amp;C and WX</li> <li>• Communication and leadership</li> <li>• Weather</li> </ul>	<ul style="list-style-type: none"> <li>• Rescues</li> <li>• Towing</li> <li>• Hyperthermia</li> <li>• Intro to Rolling</li> </ul>	<ul style="list-style-type: none"> <li>• Navigation</li> <li>• Rescue Discussion</li> </ul>
<b>Day Three</b>	<ul style="list-style-type: none"> <li>• Strokes and Rescues</li> <li>• Weather</li> </ul>	<ul style="list-style-type: none"> <li>• Paddling in the Currents</li> </ul>	<ul style="list-style-type: none"> <li>• Preparation for Overnight</li> <li>• Float plan</li> <li>• Cool Gear</li> </ul>
<b>Day Four</b>	<ul style="list-style-type: none"> <li>• Packing a kayak for overnight touring – Go or No Go</li> <li>• Navigation Weather (WX)</li> <li>• Traveling</li> </ul>	<ul style="list-style-type: none"> <li>• Go / No Go</li> <li>• Route finding and navigation</li> <li>• Transitions and camp craft</li> <li>• Set up Camp</li> <li>• Traveling</li> </ul>	<ul style="list-style-type: none"> <li>• Navigation &amp; WX review</li> <li>• Q &amp;A</li> <li>• Group activity</li> </ul>
<b>Day Five</b>	<ul style="list-style-type: none"> <li>• Traveling</li> <li>• Go / No Go Trip Planning</li> </ul>	<ul style="list-style-type: none"> <li>• Traveling</li> <li>• Rolling</li> <li>• Group debrief</li> <li>• Individual debrief</li> </ul>	

Thirty (30) days prior to the course, we will give you access to our online classroom. You are required to do the reading in the online classroom prior to the start of the course. This will help you to learn faster, reduce your stress, and get the best out of the in person section of the course. The "Above and Beyond" sections of the online classroom are not mandatory but if you are super keen, curious, or have time, you can learn much more in these sections. The online classroom is based on content from our books and training manuals. When we meet you on the first morning of the course, we will give you the hard copies so you can easily review the information when needed. If you don't have access to the internet prior to the course, we can ship you the hard copies of the training manuals. The cost is Ca \$25 if you are within Canada

and will vary to other countries. Most of the reading in our online classroom is from our training manuals. Also, some people prefer to read hard copies instead of reading a computer screen.

Let us know by emailing us at [info@skils.ca](mailto:info@skils.ca) if you want to start to work in the online classroom more than 30 days prior to your course so you can learn at your own pace without a time constraint. If this is your first time, plan to spend 25 hours of online work in the classroom. In case you have limited time or have to deal with an unforeseen life situation we would like to suggest you triage your work load in the online classroom as such

Don't do the Above and Beyond sections which are optional.

Read the SKILS Touring Manual last.

Make sure you do all the quizzes that are not in the Above and Beyond sections. The quizzes are very important.



Thank you for enrolling in our skills training program. If you have additional questions or concerns, please contact us at [info@skils.ca](mailto:info@skils.ca). We look forward to playing on the water with you!